**Modified Cross Country**

**Pre-Season Info**

**First Day of Practice**: August 27th, 2025 behind Millard Hawk Elementary School

* Below are the days we will practice before school starts.  Please contact one of the coaches if you cannot attend for any reason:
* **8/27,** **8/28,** **8/29, and** **9/2**

**Practices Once School Starts**

* Once school starts on 9/3/2025, **practices** will be held each school day after school at Millard Hawk

from 3:00pm - 5:00pm.

* **After practice students need to get picked up from practice.**  There are **no sports buses** this year due to budget cuts.

**Location of Practices**: Behind Millard Hawk Elementary School.  Students will take their regular bus from the Middle School and get off at the High School. Once they get to the High School, they will go into the cafeteria where the sports study hall is located. Coach Becker or Coach Schulz will get the athletes from the cafeteria and walk them to Millard Hawk.

**What to Wear**:

* Dress appropriately according to the weather. Always bring extra clothes in case its cold, hot, rainy, snowy etc. A good pair of running shoes is very important!

**Sports Physicals**

* All players need a sports physical by their physician or through the school before the season starts.
* Players cannot participate until their physical is completed, sent to the nurse and the nurse approves them through Family ID.

**Signing Up for Cross Country (Family ID)**

* To participate, all athletes must sign up through <https://account.students.arbitersports.com/>.
* Sign-ups will begin roughly a month before the season starts.
* If you have any issues signing up, please contact the [athletic department](https://www.cssd.org/Page/45).

**Pre-Season Workouts**

Running

* We recommend that participants run 4-5 times a week.
* We recommend running for a specific amount of time to begin and then work on running for distance.
* Time: Begin running for 15 minutes and then increase time each week. Your goal should be to run for 20-30 minutes without stopping.
* Distance: 2-4 miles (or more) per run.
* Sign up for a local 5k or fun run. Here's a link to some examples: <https://www.syracusechargers.org/events/>

If you have any questions or concerns, please contact one of the coaches below.

Thank You,

 **Coach Becker Coach Schulz**

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